

- Workers' Compensation
- Ergonomics and Safety
- Corporate/Industrial Wellness

Individual Learning Activities

• Administration

- Record-keeping/data entry, reception, service desk management

• Communication & Facility Publications

- Multimedia utilization for the dissemination of educational materials
- Planning & promotional design of newsletters, bulletin boards, & brochures
- Developing materials/presentations for workshops, lectures, in-services

• Athletic Training Services

- Evaluation, rehabilitation and reconditioning of patients
- Modality usage
- Application of therapeutic exercise principles
- Patient education/instruction in home exercise programs
- Rehabilitation design
- Post-surgical wound and dressing care

• Exercise Prescription & Fitness Counseling

- Personal counseling & design
- Implementation of exercise programs
- Equipment use/instruction
- Observation & participation with exercising employees

• Educational Outreach

- Back Care/ "Back at Work Program"
- Health Fair participation
- Lunch and Learns
- Carpal Tunnel Syndrome Prevention Classes
- Intercenter Runs
- Safety and Health Day
- Injury Prevention Education
- Community medical volunteer opportunities

Designation of Candidate

- Student must be enrolled in an undergraduate Athletic Training Program.
- Student must be in need of fulfilling requirements to sit for the NATA BOC Exam.
- Student must provide his/her own transportation and housing.

Compensation

This program is considered a public service to benefit and expand the educational experiences of students enrolled in Athletic Training Programs. No financial compensation or housing will be conferred.

Internship Availability

All Semesters/Quarters.

Position Limitations:

Limited to 2 students per semester/quarter.

To Apply, Send the Following Information:

Name and address of University or College

Name and phone number of faculty supervisor

Local / home address and phone number

College transcript

School requirements for completion of internship

Resume'

Three (3) Letters of Recommendation

Verification of student liability

Complete Questionnaire found on website

All application information is found at:

<http://rehabworks.ksc.nasa.gov/intern>

Send above materials to:

Mr. Erik T. Nason, MS, ATC/L, CSCS

Assistant Athletic Trainer

Internship Coordinator

The Bionetics Corporation

Mail Code BIO-10

Kennedy Space Center, FL 32899

(321)867-7497 Phone

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<http://rehabworks.ksc.nasa.gov>

**Kennedy Space Center
RehabWorks Program is managed
by The Bionetics Corporation**



KENNEDY SPACE CENTER INTERNSHIP PROGRAM

Athletic Training Internship Program Kennedy Space Center, Florida

The Kennedy Space Center (KSC) RehabWorks Program offers an internship designed to provide a valuable learning experience in a corporate/industrial work setting. Activities and work assignments will be based on the student's specific interests, knowledge, background and experience. A wide variety of opportunities in musculoskeletal injury evaluation, treatment, rehabilitation, and prevention will be available to the participant in this program. Additionally, he or she will acquire corporate fitness and wellness skills by assisting with the daily operations of the KSC Fitness Centers.

KSC RehabWorks Philosophy

The RehabWorks Program was established to:

- Provide convenient, on-site rehabilitative services to all KSC/CCAFS employees.
- Impact the cost of workers' compensation on the KSC/CCAFS workforce.
- Provide proactive injury prevention programs to all KSC/CCAFS Civil Service and Contractor employees.
- Work in conjunction with local health care providers in order to deliver the highest standard of athletic training care to the KSC workforce.
- Incorporate the fitness and wellness principles presently utilized in the KSC Fitness Centers as part of a proactive approach to injury prevention and management.

Instruction Components

Selected interns will be well grounded in all activities of the Kennedy Space Center RehabWorks program by Certified/Licensed Athletic Trainers. Instructional methods will include didactic lectures, exposure to various athletic training, health promotion, and fitness domains, as well as practical experience with the coordination of rehabilitative, occupational health and corporate wellness programs.

Topical Elements

- Evaluation, treatment and rehabilitation of musculoskeletal injuries.
- Patient education on injury prevention topics.
- Health screening and fitness evaluations.
- Personalized exercise prescription with ongoing fitness counseling.
- Education on back care, lifting techniques, ergonomic/repetitive trauma issues, carpal tunnel syndrome and heat illness prevention.
- Variety in exercise, sport and recreation activities.

Program Objectives:

The objective of this program is to broaden the intern's knowledge of corporate/industrial athletic training. This will be accomplished by:

- **Overview of the Corporate/Industrial ATC**
 - Non-traditional Setting
 - Industrial Athletes
 - Professional Organizations
 - Networking
 - Outreach Opportunities
 - Surgical Observation
 - Integration with KSC and community health care providers
- **Orientation and Participation:**
 - RehabWorks
 - KSC Fitness Centers
 - Industrial Hygiene
 - Occupational Health
 - Biomedical Operations